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SANDHYA

(The Vedie System of Communion with Supreme Being)

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Vedic Sandhya

(The Vedic System of Communion with the Supreme Being)

Vedic Sandhya is just in concord with Yoga which consists of eight component parts. Before starting Sandhya some preliminaries should be understood and observed by a devotee. A devotee must realise the omnipresence of Almighty Lord Brahma as well as His desire to bring peace of mind to all human beings at all times.

A devotee should first chant the following mantra feelingly and then sip water three times.

आचमन-मन्त्रः

ॐ शन्नो देवीरभिष्टय आपो भवन्तु पीतये ।
शंयोरभिस्रवन्तु नः ।।१।।

यजु० अ० ३६, मं० १२

Aum Shanno Devirabhishtaye Apo Bhavantu Peetaye Shanyorabhisravantu nah.

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Let Almighty Omnipresent Brahma, the illuminator of the whole universe and bestower of the divine peace, be manifested in us for the realisation of the Divine Bliss. May He bring peace of mind to us.

Touching of Vital Physical Parts

(After necessary preparations the first part of Astanga Yoga that is YAMA, commences where a devotee must secure the purity of his sensual organs and the main vital parts of his body. He must touch the under-mentioned parts with a determination to keep them pure and never to get them polluted by sensual indulgence.)

इन्द्रिय-स्पर्शः

ॐ वाक् वाक् । ॐ प्राणः प्राणः । ॐ चक्षुः चक्षुः । ॐ श्रोत्रं श्रोत्रं । ॐ नाभिः । ॐ हृदयम् । ॐ कंठः । ॐ शिरः । ॐ बाहुभ्यां यशो बलम् । ॐ करतल-करपृष्ठे ॥२॥

Indriya Sparshah

Om Vak Vak. Om Pranah Pranah. Om Chakshuh Chakshuh. Om Shrotram Shrotram Om Nabhih. Om Hridayam. Om Kanthah. Om Shirah. Om Bahubhyam Yashobalam. Om Karatalakara Prishthe.

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O Thou Divine Lord, I swear to Thee to keep my tongue sweet and pure, my breaths regular and my lungs free from impurities, my eyes pure and free from covetousness, my ears always hearing what is right, my navel strong and enlightened, my heart pure and pious, my throat defectless and intellect free from impurities, my hands strong and always stretched out to help the deserving so that I may attain blessedness.

Casting away of Physical Impurities

(Now the secound part of Yoga, that is NIYAMA, commences. A devotee must pray to Brahma for the purity of the vital parts of the body.)

मार्जन-मन्त्रा :

ॐ भूः पुनातु शिरसि । ॐ भुवः पुनातु नेत्रयोः । ॐ स्वः पुनातु कण्ठे । ॐ महः पुनातु हृदये । ॐ जनः पुनातु नाभ्याम् । ॐ तपः पुनातु पादयोः । ॐ सत्यं पुनातु पुनः शिरसि । ॐ खं ब्रह्म पुनातु सर्वत्र ।।३।।

Marjana Mantrah

Om Bhooh Punatu Shirasi. Om Bhuvah Punatu Netrayoh. Om Svah Punatu Kanthe.

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Om Mahah Punatu Hridaye. Om Janah Punatu Nabhyam. Om Tapah Punatu Padayoh. Om Satyam Punatu Punah Shirasi Om Kham Brahma Punatu Sarvatra,

I pray to the Omnipresent Brahma to purify my intellect and brain. I pray to the Lord destroyer of sorrows and woes to sanctify my eyes. I pray to the All Blissful Paramatma to purify my speech. I pray to the Omnipotent Brahma to sanctify my heart. I pray to the World Creator to purify my navel, I pray to Brahma the destroyer of world evils to sanctify my movements.

I repeatedly pray to Brahma the embodiment of all truth to purify my intellect and brain and I pray to the All Pervading Brahma to sanctify me in every walk of life spiritually and physically.

Breath Restraining

(Now commences the third and fourth parts of Yoga namely ASANA and PRANAYAMA simultaneously which deal with the practice of keeping the body erect in a suitable Yogic posture for a fixed period and the exercises of inhaling and exhaling of the breath for the purity of the lungs and tho concentration of mind as

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well as the purification of the respiratory system of the body.

The chanting of the mantra also helps in concentration as well as the realisation of the existence of Omnipotent Brahma.)

प्राणायाम-मन्त्राः

ॐ भूः । ॐ भुवः । ॐ स्वः । ॐ महः । ॐ जनः ।
ॐ तपः । ॐ सत्यम् ॥४॥

Pranayam Mantrah

Om Bhooh. Om Bhuvah. Om Svah. Om Mahah. Om Janah. Om Tapah. Om Satyam.

O Thou Omnipresent Lord ! I invoke thy Holy name. Thou art the Destroyer of world sorrows and miseries. O Thou All-Blissful and Omnipotent Lord ! Thou art the Greator of the entire universe and Annihilator of the evils of the world.

Thou art the embodiment of the Truth.

Eradication of the evil tendencies

(Now begins the fifth part of the Yoga known as PRATYAHARA, that is, the total eradication of the evil tendencies from the mind of a devotee by constant reflection and

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determination as well as self-resignation to the Supreme Being.)

अघमर्षण-मन्त्राः

ॐ ऋतञ्च सत्यञ्चाभीद्धात्तपसोऽध्यजायत ।
ततो रात्र्यजायत ततः समुद्रो अर्णवः ॥५॥
ॐ समुद्रादर्णवादधि संवत्सरो अजायत ।
अहोरात्राणि विदधद्विश्वस्य मिषतो वशी ॥६॥
ॐ सूर्याचन्द्रमसौ धाता यथापूर्वमकल्पयत् ।
दिवञ्च पृथिवीञ्चान्तरिक्षमथो स्वः ॥७॥

Aghamarshana Mantrah

Om Ritancha Satyanchabheedhattapaso dhyajayata Tato Ratryajayata Tatah Samudro Arnavah.

Om Samudra-darnavadadhi Samvatsaro Ajayata Aho Ratrani Vidadhadvishvasya Mishato Vashee

Om Soorya-chandramasau Dhata Yatha Poorvamakalpayat Divancha Prithiveenchantariksha-matho Svah.

Knowledge and truth are acquired after gigantic efforts, and after the spirit of real sacrifice has originated in the human mind, the human heart becomes an ocean of peace.

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This ocean of peace and tranquility becomes a meeting place for all human beings, that is, the person thus elevated begins to consider the entire world as his family. A devotee who is fully self-controlled and who-ever increases his spiritual achievements devotes himself day and night for the betterment of society. Such an advanced and noble soul devotes all the energies of his eyes, tongue, ears, brain, feet and navel as well as his joyfulness to the final stage of divinity.

All round realisation of the Divine Lord

(The sixth part of the Yoga dealing with DHARANA, the act of retention begins from here.)

मनसा परिक्रमा

ॐ प्राची दिगग्निरधिपतिरसितो रक्षितादित्या इषवः । तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु । योऽस्मान् द्वेष्टि यं च वयं द्विष्मस्तं वो जम्भे दध्मः ॥८॥

अथर्व कां० ३, सू० २७, मं० १

Mansa Parikrama

Om Prachee Digagniradhi—patirasito Rakshitaditya Ishavah. Tebhyo Namodhi-

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patibhyo Namo Rakshitribhyo Nama ishubhyo Nama Ebhyo Astu Yosman Dveshti Yamvayam Dvishmastamvo Jambhe Dadhmah.

The Divine Lord always leads us to light. He is the abode of Divine Light.

He having no bondages at all always protects us. The rays of the sun are some of His means of protecting humanity. We pay our benedictions to Him. We resolve to deal with the persons undesirable and harmful to the society strictly in confirmity with His commands.

द्वितीयो मन्त्रः

ॐ दक्षिणादिगिन्द्रोऽधिपतिस्तिरश्चिराजी रक्षिता पितर इषवः । तेभ्यो·····जम्भे दध्मः ॥६॥

Second Mantrah

Om Dakshinadigindro-dhipatistiraschi-rajee Rakshita Pitara Ishavah Tebhoy Namo..... Dadhmah.

The Divine Lord always leads us to proficiency in life. He is the Divine Controller and master of our destinies. His brilliancy and powers are wonderful. All saints and sages of the world are His means of protecting humanity. We resolve..... commands.

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तृतीयो मन्त्रः

ॐ प्रतीची दिग्वरुणोऽधिपतिः पृदाकूरक्षितान्नमिषवः तेभ्यो नमो·····दध्म ॥१०॥

Third Mantrah

Om Prateechi Digvaruno. dhipatih Pridaku Rakshitannamishavah Tebhyo.....Dadhmah.

The Divine Master always leads us to bright future. The Choicest and Revered Lord protects us with His non-violent spiritual forces. The vegetables, fruits, milk etc., are some of his means of protecting us. We resolve..... commands.

चतुर्थो मन्त्रः

ॐ उदीची दिक् सोमोऽधिपतिः स्वजो रक्षिताशनिरिषवः । तेभ्यो···दध्मः ॥११॥

Fourth Mantrah

Om Udichi Digsomo-dhipatih Svajo Rakshitashanirishavah Tebhyo.....Dadhmah.

The Supreme Being always leads us to spiritual development. He is the ocean of Divine Peace. He is Self-existing and Supreme Eternity. Electricity is one of his various

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means of protecting us. We resolve..... Commands.

पञ्चमो मन्त्रः

ॐ ध्रुवादिग्विष्णुरधिपतिः कल्माषग्रीवो रक्षिता वीरुध इषवः। तेभ्यो नमो·····दध्मः ॥१२॥

Fifth Mantrah

Om Dhruvadig Vishnu–radhipatih Kalmashagrivo Rakshita Veerudha Ishavah. Tebhyo .....Dadhmah.

The Divine Lord always leads us to stability in life. He is all Pervading Master. He puts all evil-doers right without fail. The forest wealth is one of His means of protecting mankind.

We resolve.....commands.

षष्ठो मन्त्रः

ॐ ऊर्ध्वादिग्बृहस्पतिरधिपतिः श्वित्रो रक्षिता वर्षमिषवः। तेभ्यो·····दध्मः ॥१३॥

Sixth Mantrah

Om Oordhva Digbrihaspati Radhipatih Shvitro Rakshita Varshamishavah. Tebhyo..... Dadhmah.

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The Divine Lord always leads us to righteousness in life. He is our sole protector and He is the abode of divine prosperity and light. The rains are some of his immense means of protecting animal beings.

We resolve.....commands.

Securing Vicinity of Brahma

(Now a devotee should try to secure the vicinity of the Divine Lord through Upasthana Mantras. This is the seventh stage of Yoga known as Dhyanam that is meditation This can be accomplished only when mind is totally detached from sensual indulgence.

A devotee chants the following four upasthana mantras and practices graded meditation from divine creation to his imperishable self and then to All-pervading Supreme Being.

He ardently aspires to come to the vicinity of the Divine Lord.)

उपस्थान-मन्त्राः

ॐ उद्वयं तमसस्परि, स्वः पश्यन्त उत्तरम् ।
देवं देवत्रा सूर्यमगन्म ज्योतिरुत्तमम् ॥१४॥

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यजु० अ० ३५, मं० १४

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Upasthana Mantrah

Om Udvayam Tamasaspari Svah Pashyanta Uttaram Devam Devatra Sooryamaganma Jyotirruttamam.

A devotee should first rise above the darkness that is indulgence in worldly objects and then he should rise further and realise his inner-self and afterwards he should still rise more above and perceive the Divine Lord, Creator of this world, Protector of all divinities, the Divine Light.

द्वितीयो मन्त्रः

ॐ उदुत्यं जातवेदसं देवं वहन्ति केतवः ।
दृशे विश्वाय सूर्यम् ॥१५॥

यजु० अ० ३३ मं० ३१

Second Mantrah

Om Udutyam Jatavedasam Devam . Vahanti Ketavah Drishe Vishvaya Sooryam.

The profound vision of Divine Omniscient Creator the Bestower of Divine Knowledge can only be secured through enlightened intellect and devotion.

तृतीयो मन्त्रः

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ॐ चित्रं देवानामुदगादनीकं चक्षुर्मित्रस्य वरुणस्याग्नेः

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आप्राद्यावा पृथिवी अन्तरिक्षं ॐ सूर्य आत्मा जगतस्तस्थुषश्च स्वाहा ॥१६॥ यजु० अ० ७, मं० ४२

Third Mantrah

Om Chitram Devanamudgadaneekam Chakshurmitrasya Varunasyagneh Apradyava Prithivee Antariksham Soorya Atma Jagatas Tasthushashcha Svaha.

The Divine Lord has created all the regions, stars, constellations, planets and satellites and He up-holds them all He is All-Delightful and pervades the whole movable and immovable world. He removes the sorrows and woes of His devotees and He shines wonderfully in their hearts. He enlightens the persons who are away from worldly attachments and jealousies and who are devoted to golden deeds and pursue the righteous path of serving humanity.

I swear to resign myself to Him.

चतुर्थो मन्त्रः

ॐ तच्चक्षुर्देवहितं पुरस्ताच्छुक्रमुच्चरत्। पश्येम शरदः शतं, जीवेम शरदः शतं, शृणुयाम शरदः शतं, प्रब्रवाम शरदः शतमदीनाः स्याम शरदः शतं, भूयश्च शरदः शतात् ॥१७॥

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Fourth Mantrah

Om Tachchakshur Devahitam Purastuchchukramuchcharat Pasyema Shardah Shatam, Jeeveema Shardah Shatam, Shrinuyama Shardah Shatam, Prabravama Shardah Shatamadeenah Syam. Shardah Shatam Bhooyashcha Sharadah Shatat.

He is the World-seer, Benefactor of the pious souls. He even existed, before the world was created. as Divine Truth.

We aspire to perceive the Divine Light throughout our hundred year's lifa. We aspire to live one hundred years' life under His protection. We aspire to listen to His glory with devotion and faith for numerous years of life. We resolve to propagate His Commands throughout our long life and through His grace we aspire to live a free blissful life of hundred or more years even.

Devotional Prayer

(Now a devotee prays the Supreme Being feelingly and then resigns the self to Him for some time. Thus the eighth part of Yoga that is Samadhi is accomplished.)

समर्पणम्

ॐ भूर्भुवः स्वः। तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि।
धियो यो नः प्रचोदयात् ॥१८॥ यजु० अ० ३६ मं० ३

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Samarpanam

Om Bhoor Bhuvah Svah Tatsavitur Varenyam Bhargo Devasya Dheemahi Dhiyo yo Nah Prachodayat.

We invoke the holy name of Parmatma Who is Omnipresent and is origin of the entire human-life and Who is destroyer of all worldly evils and is saviour from agonies and turmoil, Who is all pervading and Who bestoweth eternal peace.

We swear to perceive the wonderfull most charming Divine Light.

O Thou Divine Supreme Being ! Be kind enough to enlighten our intellects.

Salutations to the Supreme Being

(After praying for the enlightenment of the intellect a devotee bows in his heart in salutations to the Supreme Being and chants the following mantras with deep devotion.)

नमस्कार-मन्त्राः

ॐ नमः शम्भवाय च मयो भवाय च ।
नमः शंकराय च मयस्कराय च ।।
नमः शिवाय च शिवतराय च ।।

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Namaskara Mantrah

Om Namah Sham Bhavaya Cha,
Mayo Bhavaya Cha,
Namah Shankaraya Cha, Mayaskaraya Cha.
Namah Shivaya Cha, Shivataraya Cha.

O Thou originator of all good qualities and divine prosperity we bow to Thee.

O Thou bestower of divine gifts and divine peace we bow to Thee.

O Thou All-Blissful and Supreme Lord we bow with devotion again and again to Thee and Thee alone.

Peace ! Peace !! Peace !!!

(After salut tions a devotee chants peace thrice with a view to acquire physical, mental and spiritual peace in his life.

शान्ति पाठः

ॐ शान्तिः ! शान्तिः ! ! शान्तिः ! ! !

Om. Shantih, Shantih, Shantih.

I pledge to acquire peace in physical, mental and spiritual hemispheres of my life and shall religiously endeavour for it.

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लेखक के अन्य प्रकाशन

१. उपनिषद् कथामृत	...	
२. वैदिक विवाह संस्कार पद्धति	...	
३. कर्मकाण्ड प्रदीप	...	१·००
४. कर्मकाण्ड विधि	...	१·२५
५. बलिवैश्वदेव यज्ञ	...	१·००
६. विदुर का राजधर्म	...	१·५०
७. माँ गायत्री (गायत्री शतक)	...	१·००
८. उत्तर प्रदेश आर्य प्रतिनिधि सभा का इतिहास	...	२·५०
९. अग्निहोत्र रहस्य	...	·२५
१०. मानव धर्म बोध (तीन भागों में)	...	प्रत्येक ·३०
११. लघु सत्यार्थ प्रकाश (तीन भागों में)	...	प्रत्येक ·३७
१२. वानप्रस्थ के आदर्श	...	·१०
१३. हिमालय से सन्देश	...	·२५
१४. पृथिवी माता की महिमा	...	·३७
१५. वैदिक संध्या (हिन्दी)	...	·१५
१६. वेद और सुरक्षा	...	·१५
१७. राजधर्म	...	·३७
१८. महान् दयानन्द	...	·५०
१९. पंचमुखी क्रान्ति का अग्रदूत दयानन्द	...	·२५
२०. आर्य समाज के दश नियम	...	·२५

ऊपरलिखित समस्त पुस्तकें मिलने का स्थान—

आर्य संघ प्रकाशन

तिलक पार्क, सदर मेरठ।

मुद्रक— गोपाल प्रिंटिंग प्रेस, सदर मेरठ।

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